Dean & Chancellors Lists
PAGES 3

Spring Schedule
PAGES 4

Student Artwork
PAGES 7

UAA Mat-Su Home of the Mat-Su College Arctic Dragons

Mat-Su Monitor

Devil's Club

By Rachel Goodall

Devil's Club (*Oplopanx horridus*) is a plant we all know to avoid when walking in the forests of Southcentral and Southeast Alaska. But the bark of the Devil's Club is a very powerful medicine. It is used as a pain reliever when made into a salve.

I found that the late spring early summer is the best time to harvest Devil's Club. You will need leather welder's gloves (I got mine at Home Depot), a large serrated knife, and a bucket to put your cut stems in. Eye protection, like a pair safety glasses, would be helpful.

See **SALVE** page 11

TO DASH OR NOT TO DASH...

OR

Why my business is hesitant to use companies like DoorDash

By Angeli Kristovich

I own a pizza shop in Wasilla called KGB Pizza, located on Knik-Goose Bay Road (not to be confused with a different pizza place called Knik Pizza.) I receive phone calls all the time from Uber Eats, Grubhub, DoorDash, and other third party, out-of-state delivery services claiming that they will help bring in more customers during these trying times of COVID in the restaurant industry.

These companies are all new to me and I am a skeptical person. If you don't know what they are, they're delivery services that offer the customer a cell-phone application that you can download and it allows customers the opportunity to order for delivery from restaurants, pet food stores, grocery stores, and even coffee shops! This "at your fingertips" tool

See **DOORDASH** page 11

INDEX

Student Government	3
Spring Schedule	4
Journey Events	5
Tutoring Resources	6
Art	7
Club Corner	8
Puzzles	10

MEET THE STUDENT PRESIDENT

Hello Fellow Students!

My name is Aiden Freeman, and I'm this years' Mat-Su College Student Government President. I'm a student at the Middle College and look forward to being able to serve the student body to the best of my ability.

These last few years I've been lucky enough to have had people come into my life that pushed me to always be my best self, and do everything I can to better myself. When Covid came to America I was no longer able to do sports, so I had to find other things to focus on. I was informed help and members were needed for local nonprofits and clubs. I decided to join.

The more time I spent involved in these things, the more I found a passion for community, connection, and communication. I joined as many councils, committees, clubs, volunteer/leadership groups, and organizations as I could without overloading myself. I've met

NEWLY ELECTED STUDENT GOVERNMENT PRESIDENT AIDEN FREEMAN.

See **PRESIDENT** page 3

Get involved with your
STUDENT GOVERNMENT
Weekly Meetings
Face to face & **ZOOM**
for more information email
uaa_mscstudentgov@alaska.edu
or call (907) 745-9759

From Hot Girl Summer to Raging Covid Fall

By Ripkin Spliffmore

With spring's availability of vaccines and loosened health mandates statewide, it was easy for many of us to think the worst of the Covid-19 trainwreck was over. But in the last months Alaska hasd had more cases per capita than any other state, and no signs from state administration that there is any plan to do anything about it.

Like most people, I think that I have been mindful in trying to prevent the spread of Covid and do my part for the community and Alaska as a whole. Limiting social gatherings, masking up, even getting vaccinated all helped the people around me, and helped ease some of my own anxieties as we try to find whatever new normal will emerge when this is over. But recent events have shown me two things: no one is 100% safe and Covid can move very fast.

I recently had what I thought was a typical cold: a bit of a fever, a running nose, and a sore throat. I didn't think that I could be exposed or at risk because of my masking and vaccination, but I was wrong.

After a couple of days of what seemed like a run of the cold, I woke up to what felt like the highest fever I have ever had and an extreme case of vertigo. I was worried at that point that maybe I had been exposed to covid, so after checking the CDC for severe warning signs of Covid I decided just to be safe and get checked out at Mat-Su Regional Hospital.

The stories of being busy were true, as Monday morning the entire respiratory section of the ER was completely full. It was not just typical at risk either. Patients from toddler age to retirement age were represented in the waiting room, no one looking especially happy to be there. The staff was working double duty dealing with regular check ins, and donning extensive PPE (personal protective equipment) to deal with those with respiratory issues. During my check my vitals showed that

See **COVID FALL** page 9

Upcoming events:

October 25: Spring 2022 schedule available on UAOnline.

October 25: School pride day. Come to campus wearing gear from MSC or your high school!

October 26: Fictional character day. Dress as your favorite movie, book, or game character.

October 27: Bad school picture day. Come prepare to take a bad photo against a provided backdrop.

October 28: Halloween Costume day.

October 29: Casual Friday.

October 29: Fall withdrawal deadline.

November 2-December 8: Financial aid workshops. See https://matsu.alaska.edu/offices/student-services/financial-aid/ for a complete schedule, with zoom meeting links.

November 5: Spring 2022 registration begins. See page 4 for complete schedule.

November 10: Journey event: Media Literacy.

November 15: Journey event: Psychology of Humor.

November 15-19: Gratitude week. Write notes of thanks. You write the note and provide an address, and we'll mail it! FSM lobby.

December 1: Journey event: World Soil Day

December 6-10: Relax with Alaska Assistance Dogs. FSM Lobby.

For Journey event details, see https://matsu.alaska.edu/journey/

See https://matsu.alaska.edu/calendar/ for a complete calendar of events and academic dates.

Club meeting times:

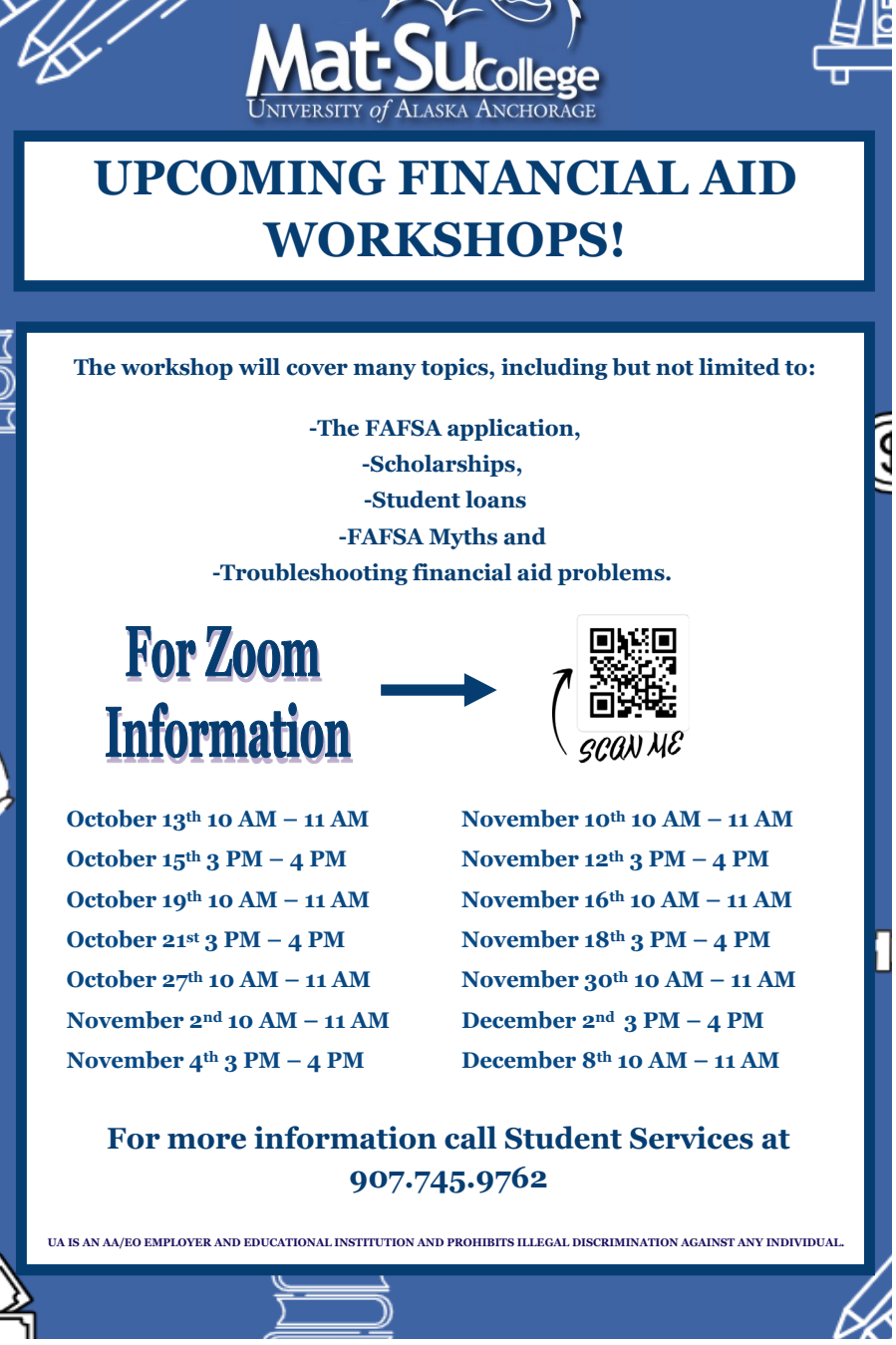
Alaska Native Cultures Club: Coming soon

e-Sports: Coming Soon

Mat-Su Monitor: Mondays and Thursdays, 12:00 PM-12:50 PM. Library room 213.

Nihongo Tadoku Club: Fridays 4:00 - 5:00 pm via ZOOM

Robotics Club: Mondays, Tuesdays, & Wednesdays 10:00 - 12:00 pm FSM 120


Mat-Su College
University of Alaska Anchorage
UPCOMING FINANCIAL AID WORKSHOPS!
The workshop will cover many topics, including but not limited to:
-The FAFSA application,
-Scholarships,
-Student loans
-FAFSA Myths and
-Troubleshooting financial aid problems.
For Zoom Information
SCAN ME
October 13th 10 AM – 11 AM
October 15th 3 PM – 4 PM
October 19th 10 AM – 11 AM
October 21st 3 PM – 4 PM
October 27th 10 AM – 11 AM
November 2nd 10 AM – 11 AM
November 4th 3 PM – 4 PM
November 10th 10 AM – 11 AM
November 12th 3 PM – 4 PM
November 16th 10 AM – 11 AM
November 18th 3 PM – 4 PM
November 30th 10 AM – 11 AM
December 2nd 3 PM – 4 PM
December 8th 10 AM – 11 AM
For more information call Student Services at 907.745.9762
UA IS AN AA/EO EMPLOYER AND EDUCATIONAL INSTITUTION AND PROHIBITS ILLEGAL DISCRIMINATION AGAINST ANY INDIVIDUAL.

University of Alaska Foundation Scholarship Application Opened October 1!!

Our scholarship application opens the same day as the newest FAFSA application, every year on ***October*** **1**, so fill out **both** of these applications out **each year**. The scholarships offered by the University of Alaska have a deadline of **February 15**. There are dozens of scholarships that are offered by the University Foundation and your application is automatched to the scholarships that you qualify for so you just have to fill out one application! https://alaska.academicworks.com/opportunities.

Visit the Mat-Su College scholarship page to search and apply for many opportunities! matsu.alaska.edu/offices/student-services/financial-aid/.

The Alaska Career Information System (AKCIS) has a great scholarship search function at https://akcis.org. You will have to create a login, then, under the headings *Education*, then *How Do I Find Financial Aid,* you will see four tabs available for additional scholarship searches.

The Alaska Commission on Postsecondary Education (ACPE) is another resource for education funding and a great way to track your state-funded awards such as the **APS and AEG**. The FAFSA will automatically enter you for these awards. https://acpesecure.alaska.gov/

If you are planning on a health-related degree, *we highly recommend the Mat-Su Health Foundation Scholarship.* The open application period for that scholarship is typically February 1 through March 31 so make sure to set a reminder around this time to check their website for the 2022 application period. https://www.healthymatsu.org/how-we-fund/scholarships

Scholarship Tips

Now is the time to start searching and applying for as many scholarships as you can. We are entering the prime time of year for filling out scholarship applications! The more you apply for, the better your chances. After all, the worst they can say is "no" and the best they can say is "here's some free money!" Don't ignore smaller awards, those can add up and often have smaller applicant pools, which means you have a better chance!

Make sure to completely answer any and all essay questions present in any scholarship application. Financial Aid Advisors are available to give tips or help with editing these essays so please reach out if you would like some help. Try to save copies of the essays you write as many scholarships tend to ask the same thing. This way you can fine tune them your entire college career and copy and paste the pertinent parts so you don't have to keep reinventing the wheel.

Make sure to pay close attention to any application dates and deadlines. Utilize the tools you always have on you and add these dates and deadlines, with alerts, to your phone calendars.

Read the directions carefully and be sure to follow them. Don't assume you know what to do already. Make sure you answer every question with what they are asking for. Provide any additional documents or information that is asked for, but don't supply things that aren't requested.

Make your application personal. This is the only way for the committee to get to know you as a student. Don't be shy and sing your praises! They want to get to know you and sometimes a few short essay questions is the only way for you to shine through.

The Mat-Su Monitor Team

Editors
Position Available

Faculty Advisor
Micah Muer

Layout Artist
Audrey Badger

Photographer
Position Available

Contributing Writers
Dawn Adamson
Flora Burstaghler
Aiden Freeman
Miles Gibson
Rachel Goodall
Angeli Kristovich
Arin Tampke

The Mat-Su Monitor is the student newspaper of Mat-Su College. The Monitor aims to report college news and serve as a forum for student writing. The Monitor seeks submissions of news, editorials, and short fiction from all students, staff, and faculty of Mat-Su College. All students are invited to attend the Monitor's weekly meetings. Details on participating in or submitting content to the Monitor can be found at https://matsu.alaska.edu/monitor

The Mat-Su Monitor is funded by the Mat-Su College Student Government Association and our advertisers. For information on advertising in the Monitor contact Micah Muer at mwmuer@alaska.edu or 907-745-9758.

The opinions expressed the Monitor article are solely those of its authors. They do not necessarily reflect the opinions or policy of the college, its students and employees, or the wider University of Alaska system.

Dean and Chancellor Lists Summer & Fall 2020

Summer 2020
Arin Tampke

Fall 2020
Paul Abruska
Hans Beer
Makenna Bond
Autumn Boyter
Jaime Carle
Marilouanne Corpus
Kiela Cott
Amber Dafoe
Leah Figon
Elena Guardo
Megan Johnson
Kadi Judd
Balee Lambert
Holland Lampley
Angel Libby
Ryan Libby
Rishaun Gerome Lucero
Chloe Meilicke
Daniel Miller
Logan Miller
Megan Ostlind
Kyra Pehrson
Jacquline Pempek
Gilberto Ramos Jr.
Cooper Smith
Arin Tampke
Ellis Tomaganuk
Susan Townsend
Lathaniel Ulofoshio
Daniel Waitman
James Watkins

Congratulations to the Spring and Summer 2021 Chancellor's and Dean's list students!

These students took classes at Mat-Su College and then earned a spot on the Dean's or Chancellor's list.

CHANCELLOR'S LIST

Trevor Abts
Andrea Allen
Heidi Alonzo
Sinesio Amboni Jr
Penny Anderson
Kaitlyn Barcelona
Brian Blanshine
Makenna Bond
Solomia Bushell
Jaime Carle
Joel Carson
Kevin Collins
Kateland Crane
Abigail Crawford
Morgan Dauwe
Alyna Deishl
Cameron Dolan
Adrianna Doty
Christina Ezell
Jack Foisy
Dawn Gonzalez
Amber Grubb
Elena Guardo
Hudson Horwath
Cheyenne James
Anastasia Jasper
Naomi Jorgensen
Shiloh Joyce
Brett Keene
Dayton Keliikipi
Christopher Knox
Thomas Kosten
Athenia Large
Gretchen Larsen
Ashton LeKites
Mikhail Lestenkof
Angel Libby
Sandra Longuevan
Pa Lor
Rishaun Gerome Lucero
Michelle Mah
Alyssa Mandich
Tara McCann
Sammy McKnight
Carlee Merriner
Cloe Milbauer
Daniel Miller
Victoria Mora
Lucero Nelson-Loya
Kureha Nishizawa
Leah Pacarro
Joseph Pavia-Jones
Shannon Powers
Emilie Provo
Cadden Pylant
Hira Raja
Riley Romero
Alexander Rudd
Mckenna Satterfield
James Clinton Schoonmaker
Jacob Schwartz
Cooper Smith
Devora Soukeut
Mary Thomas
Taylor Tracy
Amy Urbach
Jayci VanDehey
Anjoilyn Vreeland
Allen Wake
Ashlynn Walker
Megan Whitlatch
Koby Wightman
Krista Wood
Christopher Yang
Chelsey Zaukar

DEAN'S LIST

Bella Alejandra Acuna
Benjamin Adolf
Jeremy Allen
Trinity Antill
Grace Aubrey
Rodel Avinante Jr.
Andrew Bashor
Alex Beaton
Deneila Lyzah Beltran
Autumn Boyter
Jacob Bradley
Brooke Branson
Nikolaus Bruce
Kimberly Bustillos
Amanda Butler
Allison Carl
Rachel Carpenter
Damaris Chacon
Emily Cizek
Sabrina Coombs
Marilouanne Corpus
Laney Cuddihee
Logan Curtiss
Ava Cutler
Lauren Deal
Adrian Deen
Arriana Doty
Amelia Dvorsak
Makana Eleneki
Jena Enderson-Roop
Alyssa Evanchuck
Jordan Fifer
Angel Goodno
Kameron Haney
Emily Hansen
Deborah Heinen
Jacob Herr
Clirim Hukali
Allie Jarvis
Brendan Kennedy
Allison Klebs
Inna Kolomeychuk
Curtis Kufel
Kailah Laxague
Faith Leon
Jacqueline Libby
Joseph Lightfoot
Bora Ljena
Haley Lugers
Geneva Luteria
Vanessa Madruga
Shalem Mathew
Elizabeth Miller
Dylan Morris
Katalyna Moua
Kristina Natalenko
Leon Nikic
Cariera Odenthal
Tomas Oh
Cloda ONeill
Austin Pahel
George Paulhus
Brenna Petrie
Lexie Phillips
Marco Rivera
Troy Robillard
Rachelle Rodriguez
Josey Shaw
Kevin Shedlock
Olivia Siegel
Sean Smith
Mary Spatafore
Rebekkah Standifer
Codi Stephenson
Chase Subitch
Jomart Sumaoang
Joshua Taylor
Colby Teller
Kimberly Thacker
Jack Walters
Kendra Ward
Paul Warta
James Watkins
Preston Weeks
Touchee Yang

JOIN A STUDENT ORGANIZATION!

Play an important role on the Mat-Su College Campus. Being on Student Government or a Student Government committee can help to enhance your resume, give you a chance to give back to your campus, and give you something to do.

OR JOIN A STUDENT CLUB

Clubs are a great place to meet like minded people, have fun, learn new things and relax.

- Alaska Native Culture Club
- e-Sport Club
- Robotics Club
- Solar Decathlon
- Nihongo Book Club
- Mat-Su Monitor

You owe it to yourself to try out a club. If you don't see a club that interests you, can start one of your own. You can pick up a form at the Student Government office in JKB 114, near the café or download it from the website. https://matsu.alaska.edu/offices/student-government/.

President continued from page 1

many amazing people along the way that have taught me valuable lessons, and even become mentors of mine. For reasons specific to each group I was involved in, I had to leave most of those groups. They all have amazing people and offer many amazing opportunities, but I recognized that for me to grow further I need to again step out of my comfort zone and go bigger. One of my professors told the class about the Student Government, but I wasn't sure if I was able to participate being 16 and considered a guest on campus as a Middle College student. After finding out I could participate, I was told by dozens of people that I should run. I appreciate all the support I've received from the many people offering it, and I promise to fulfill this position to the best of my ability. I hope to not only serve the college, but also my community. Thank you for taking the time to read through this.

40 years of Monitor back issues!

https://archive.org/details/mat-su-monitor

Searching through the collection is easy! On the left of the page, enter your search terms in the "search this collection" search box. Beneath the search bar, change your search type to "Text contents." Press enter.

Mat-Su College Spring 2022 Semester Schedule**

ACCOUNTING
Principles of Financial Accounting
Principles of Managerial Accounting
Payroll Accounting
Workpaper Prep & Presentation

AGRICULTURE
Organic Gardening

ANTHROPOLOGY
*Alaska Native Cultures

ART
Beginning Drawing
Color Design
*Art Appreciation
Beginning Stained Glass
Introduction to Art Education
Intermediate Drawing
Beginning Watercolor
Beginning Painting
*History of Western Art I
*History of Western Art II

BIOLOGY
*Introductory Biology
*Introductory Biology Lab
*Human Anatomy & Physiology I
Human Anat & Phys I Lab
*Human Anatomy & Physiology II
Human Anat & Phys II Lab
Intro Micro for Health Science
Intro Microbiol/Health Science Lab

BUSINESS ADMINISTRATION
*Business Foundations
Entrepren & Small Bus Mgmt
Intro to Real Estate Mgmt
Fundamentals of Supervisio
Business Law I
Business Law II
Marketing Practices

CHEMISTRY
Chem Skills & Problem Solv
*Intro to Organic/Biochem
*Intro to Organic/Biochem
*General Chemistry I
*General Chemistry I Lab
*General Chemistry II
*General Chemistry II Lab

COMPUTER INFO SYSTEMS
Computer Concepts in Business

COMPUTER & NETWORK TECH
PC Operating Systems
Customer Service Fundament
Comp User Support & Help D
PC Technician Fundamentals
CCNA 2
Individual Technical Proje
Industry Workplace Experie
Storage and Virtualization

COMMUNICATION
*Fund Oral Communication
*Public Speaking

COMPUTER SCIENCE & ENGINEERING
Intro to Computer Science

ECONOMICS
*Prin of Microeconomics
*Prin of Macroeconomics

EMT
Emergency Med Tech I

ENGLISH
Intro to Creative Writing

GEOGRAPHY & ENVIRON STUDIES
*Environmental Science
*Environmental Science Lab

GEOLOGY
*Physical Geology

HEALTH CARE ASSISTING
Certified Nurse Aide

HEALTH SCIENCE
Core Concepts in Health Science

HISTORY
*Western Civilization I
*Western Civilization II
*East Asian Civilization I
*History of United States
American Civil War
American West Since 1850

HUMAN SERVICES
Comm Ed & Prevent/Sub Abuse
Human Service Practice
Conflict & Collaborative Services
Counseling in Human Services
Human Services Practicum I

JUSTICE
*Intro to Criminal Justice
*Theories of Crime and Off

LANGUAGES
*Elementary ASL II
*Elementary French II
*Elementary German I
*Intermediate Japanese I
*Elementary Japanese II
*Elementary Spanish I
*Elementary Spanish II

LOGISTICS
Logistics Info Syst Cust Service

MATHEMATICS & STATISTICS
Elementary Algebra
Essential Mathematics
Intermediate Algebra
*College Algebra for Calculus
*Trigonometry
*Calculus I
*Calculus II
*Calculus III
Ordinary Differential Eqns
*Elementary Statistics

MEDICAL ASSISTING
Your Hlth & Social Svcs Career
Medical Terminology
Essentials of Human Disease

MUSIC
*Music Appreciation

PHILISOPHY
*Intro to Logic
*Intro to Philosophy
*Ancient & Medieval Philosophy
*Early Modern Philosophy

PHYSICS
*College Physics I
*College Physics I Lab
*College Physics II
*College Physics II Lab
*General Physics II
*General Physics II Lab

POLITICAL SCIENCES
*Intro to American Government
*Intro to Political Science

PMED
Clinical Rotation II

PSYCHOLOGY
*Introduction to Psychology
*Lifespan Development

REFRIGERATION & HEATING
Refrig & AC II
HVAC/R Distribution System
HVAC/R Control Systems
HVAC/R Troubleshooting

SOCIOLOGY
*Introduction to Sociology

THEATER
*Theatre Appreciation

UNIVERSITY STUDIES
Intro to College Study Skills
Strategies for College Suc

VETERINARY ASSISTING
Intro to Veterinary Profession
Veterinary Office Procedures
Handling & Behavior: Lg Animals
Introduction to Large Animals
Vet Anatomy & Physiology
Veterinary Assistant Practicum

WRITING
Writing & Reading Strategi
Intro to College Writing
*Writing Across Contexts
*Writing & the Professions
*Writing & the Sciences
*Arguing Across Contexts

** This list subject to change

* indicates class meets GER requirements

Registration dates

October 25: Spring 2022 class schedule viewable in UAOnline

November 8: Seniors (90+ credits)

November 9: Juniors (60-89 credits)

November 10: Sophomores (30-59 credits)

November 11: Freshman (0-29 credits)

November 15: Incoming students with pending fall admission applications

November 22: Open registration

FAFSA Information and Tips

Fill out the Free Application for Federal Student Aid (FAFSA) at https://fafsa.ed.gov/. When you fill out the FAFSA, you will need to put in a code for the school you want your information sent to. The school code for Mat-Su College is 011462, it is the same as UAA. The Academic year always runs from the Fall semester through the Summer semester.

The 2021-22 FAFSA application covers Fall 2021 through Summer 2022. The 2021-22 FAFSA will require you to submit your (and if applicable, your parents' or spouse's) 2019 tax information.

The 2022-23 FAFSA application covers Fall 2022 through Summer 2023. This application opened on October 1st, 2021, and will require you to submit your (and if applicable, your parents' or spouse's) 2020 tax information.

Apply as early as possible. Some funding is first come, first served so the earlier you apply, the more awards you can be considered for.

Try to use IRS Data Retrieval Tool (DRT) provided to you in the FAFSA application. If you are eligible to use the IRS DRT, it will download your tax information directly from the IRS website into your FAFSA application. If you are chosen for the verification process and used the IRS DRT, it will cut down the process to a simple online worksheet.

The FAFSA applies for several awards with one application. You are applying for federal free money, federal student loans, certain state funded awards and some scholarships may even have as a requirement that you have filled the FAFSA out. Many families think they won't qualify for need-based aid because of their income level, but you'll

See **FAFSA** page 6

Enjoy the Journey

Sophia, the Mat-Su College Arctic Dragon, is dedicated to the well-being of Mat-Su College students, staff, and faculty. In this program you will find a number of Dragon-approved events and activities specifically designed to help you cope with stress, rise to challenges, and take good care of yourself along the way. If you are preparing for a health-related career, many of these events will round out your academic preparation for working with clients or patients in the future.

So travel along with Sophia to the four destinations for well-being:

Awareness of good mental health for yourself and others

Balance between school, work, family, and self-care

Connection to campus, community, friends, and family

Off the Beaten Path, expanding your horizons by trying something new

Check the Journey website weekly for full activity descriptions and updates. All events are free.

Good luck on your journey and best wishes for a happy and healthy semester!

Psychology of Happiness

November 2 at 12:00 pm

Are you happy? Is happiness a choice? Are there changes you could make to be happier? Join us for a conversation about the psychology of happiness.
Location: TBD

Media Literacy

November 10 at 12:00 pm

Please join a presentation on media literacy by Dr. Praetorius, Ph.D., Associate Professor of Communication for the University of Alaska Anchorage, Mat-Su College.
Location: FSM 202

Laugh a Little: A Psychology Discussion of Humor

November 15 at 12:00 pm

Research on humor has found benefits to our well-being and health. Come join us and hear about the importance of laughter in our lives.
Location: FSM 106

Gratitude Week

November 15 - 19

Stop by and write a note of thanks to someone who deserves it! Come prepared with the address and we will stamp and mail it for you.
Location: Outside of the Student Services Office

Relax with Alaska Assistance Dogs

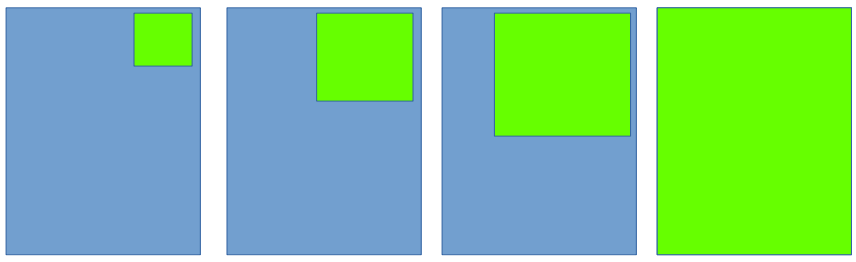
December 6-10 10:00 am - 2:00 pm

Take a break from studies with a furry friend! Carole Shay, Director of Alaska Assistance Dogs (AAD), and pups will be offering their therapy services for all students, faculty, and staff during finals week.

World Soil Day

December 1 at 12:00 pm

Please join a presentation via Zoom for World Soil Day by Jodie Anderson, Director of the Matanuska Experiment Farm and Extension Center.

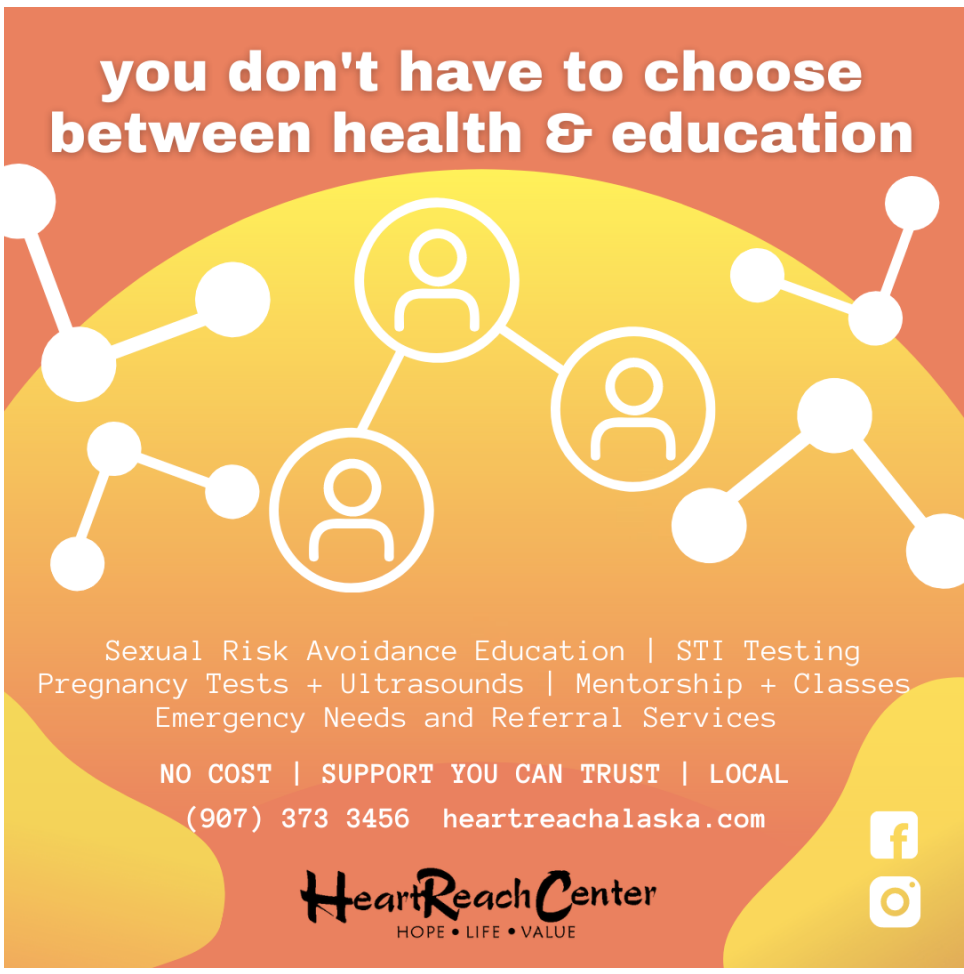


3" by 3" $75 b/w $125 color
5" by 5" $125 b/w $175 color
7" by 7" $175 b/w $225 color
10" by 14" $300 color $375 color back page

Advertisers sought!

Advertising in the *Mat-Su Monitor* is an affordable way to reach a wide demographic. With a circulation of around 5,000, an educated readership, and affordable rates. For details contact mwmuer@alaska.edu or 907-745-9758.

HEALTHCARE WORKERS ARE IN DEMAND!
Many jobs require training but not a degree.
Mat-Su Health Foundation vocational scholarships can help!
MAT-SU HEALTH FOUNDATION
Apply today at healthymatsu.org


you don't have to choose between health & education
Sexual Risk Avoidance Education | STI Testing
Pregnancy Tests + Ultrasounds | Mentorship + Classes
Emergency Needs and Referral Services
NO COST | SUPPORT YOU CAN TRUST | LOCAL
(907) 373 3456 heartreachalaska.com
HeartReach Center
HOPE • LIFE • VALUE

Elizabeth J Fallon Learning Center

OLB 121 — 745-9772

https://matsu.alaska.edu/offices/learning-resource-center/

WRITING TUTORS

Monday - Friday: 10:00 - 2:00

MATH TUTORS

Monday - Friday: 4:00 - 6:00

Saturday 10:00 - 12:00 noon

Tutor available to December 10. Tutoring is reserved for students enrolled in Mat-Su College courses.

Additional Help available in the Learning Center:

- Rosetta Stone language software
- Computer stations
- Textbooks, videos and other resources

My Mental Health: Do I need Help?

First, determine how much your symptoms interfere with your daily life.

Do I have severe symptoms that have lasted 2 weeks or more?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others

Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm

If so, here are some self-care activities that may help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating Healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptom(s) do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.

Seek professional help:

- Psychotherapy (talk-therapy)—virtual or in person; individual, group or family
- Medications
- Brain stimulation therapies
- For help finding treatment, visit www.nimh.nih.gov/findhelp.

If you are in a crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741).

Get help with your homework!

Writing help

Get help from a MSC-based writing tutor. Available Monday through Friday from 10 AM to 2 PM. Register using https://www2.register-blast.com/matsu/Exam/List All November and December sessions will be held online.

The Monitor hears MSC students will also be helped if they turn to the UAA Learning Commons or UAF Writing Center:

- **UAA Learning Commons: https://www.uaa.alaska.edu/academics/community-and-technical-college/departments/learning-commons/**
- **UAF writing center: https://www.uaf.edu/english/student-resources/writing-center/index.php**

Math help

A math tutor is on campus six days a week. Find her in JKB 107 from 4 to 6 PM Monday through Friday, and 10 AM to 12 PM on Saturdays. Appointments are not necessary -- just walk on in.

Live homework help

If you can't fit a Mat-Su College tutor into your schedule, there are tutors available through the Live Homework Help service that is provided by the Alaska State Library. Tutoring is available in writing and math, but also many other subjects (chemistry, biology, geography, Spanish, etc.).

The service is totally free and requires no registration. It is all online. Help is available from 8 AM to 2 AM on weekdays and noon to 2 AM on weekends. The service is available 361 days a year.

Go to https://lam.alaska.gov/sled/homework/ and click "Go to Live Homework Help" to get started.

FAFSA continued from page 4

never know if you don't try!

Double check your work as even simple errors, such as incorrectly spelled names or social security numbers, can cause delays.

It is very important to frequently check the email address you provide on your FAFSA application as you will be notified via email if you are selected for a process called verification. 1 in 3 FAFSA applications are selected at random for verification.

The FAFSA is an annual application. Finances and family situations change all the time, meaning your eligibility can, too so make sure to fill the application out as soon as possible every year.

Campus LOST & FOUND now housed at the library

Missing your ...

- **Keys?**
- **Phone?**
- **Jacket?**
- **Headphones?**
- **Flash drive?**
- **Other item?**

Just ask at the library desk -- your item might have been found!

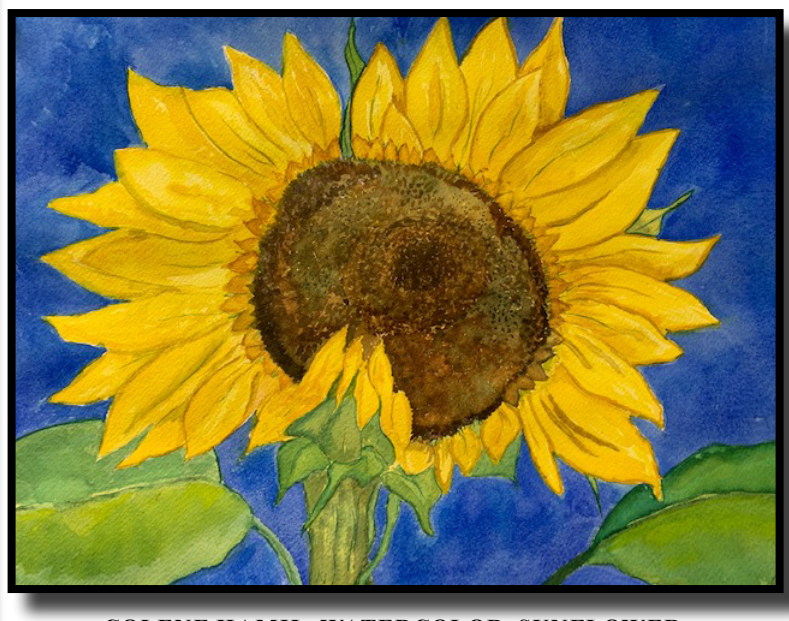
NATALIE DOBROSKI, WATERCOLOR, MASTER COPY, AFTER HELMUT KOLLER, BEGINNING WATERCOLOR

LAURA CAFMEYER, WATERCOLOR, SEASCAPE, BEGINNING WATERCOLOR

DIANE RAMSTAD, ACRYLIC, MASTER COPY, AFTER VAN GOGH, BEGINNING PAINTING

ALYSSA BUSHEY, GRISAILLE, OIL WITH FIRST COLOR GLAZE, BEGINNING PAINTING

MELANIE CLAYTON, GRISAILE, ACRYLIC, BEGINNING PAINTING



COLENE HAMIL, WATERCOLOR, SUNFLOWER, BEGINNING WATERCOLOR

AIDAN BARNETT, STILL LIFE, OIL, BEGINNING PAINTING

AIDAN BARNETT, STILL LIFE, OIL, BEGINNING PAINTING

MARIA EYMANN, LANDSCAPE, BEGINNING WATERCOLOR

GET INVOLVED WITH YOUR STUDENT GOVERNMENT

MEETINGS EVERY WEEK
FSM 107
UAA _ MSCSTUDENTGOV@ALASKA.EDU
907-745-9759

Nihongo Tadoku Club

Fridays 4-5 on Zoom
Contact Student Government for more information

日本語
多読クラブ

MESSAGE TO GAMERS AT MSC:

Are you interested in E-Sports?

Mat-Su College Student Government is in the works of starting up an e-sports group for college students. Do you want to be involved in the process?

ESTIMATED BEGINNING DATE: SPRI 2022

CONTACT US AT
UAA_MSCSTUDENTGOV@ALASKA.EDU

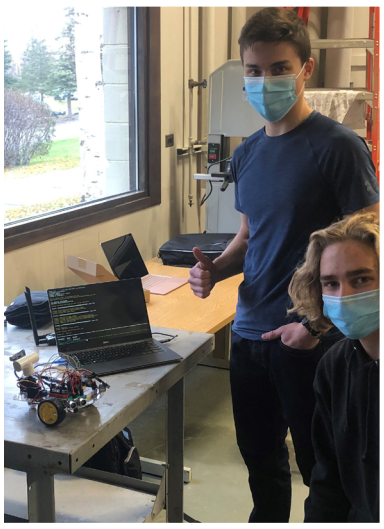
MEETING TIMES:
MONDAYS
11:00 - 12:00
FSM 107 &
on ZOOM

LOOKING FOR:

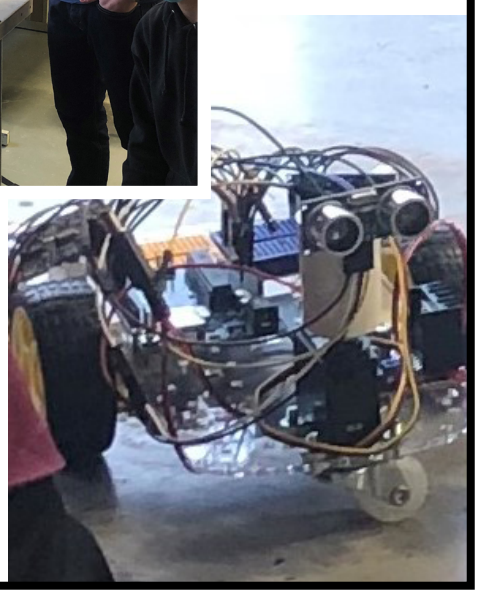
- Photographers
- Writers
- Reporters
- Marketing Reps
- Cartoonists
- Artists

Now taking submissions: Next deadline for entries: November 12.

Robotics Club



Mondays,
Tuesdays,
Wednesdays
10 AM to 12 PM
JKB 120.



YOUR CLUB'S AD COULD BE HERE!

CONTACT THE MAT-SU MONITOR FOR MORE INFORMATION.

2022 SOLAR DECATHLON TEAM UAA!

By Dawn Adamson

"We don't inherit the earth from our parents, we borrow it from our children." This quote has been improperly attributed to Chief Seattle, but whatever the source, it is truly relevant for our day and age.

The U. S. Department of Energy realized this fact long ago; in 2001, they sponsored the first Solar Decathlon, a collegiate contest designed to provide some of our nation's best and brightest minds with the opportunity to participate in innovative approaches to the design of buildings that run on sustainable energy technology. (There is now an international competition as well.) The competition winners' designs are used to fuel ideas for mainstream applications of the sustainable energy systems which can assist us in leaving the world a better place for future generations; additionally, it's a great way to meet other like-minded people and participate in a fun, fascinating, hands-on learning activity!

Fortunately for UAA, Dr. Getu Hailu, associate professor of mechanical engineering at the University of Alaska Anchorage College of Engineering, is sponsoring a team to compete in the 2022 Solar Decathlon. All UAA students, including Mat-Su College and Alaska Middle College students, are eligible and welcome to participate, regardless of major; so join Team UAA and don't miss out on this amazing opportunity!

The chosen team of UAA students will work on a building project in one of six categories: Residential (new, retrofit, or attached housing) and Commercial (multifamily, office, or education building). This is a two-year project and will consist of designing and building an energy efficient building, including renewable energy technologies such as solar photovoltaics. Designs will be judged on ten different aspects (which is why it's called a Decathlon.) The top 20 teams will travel to Boulder, Colorado in April, 2022 to present their designs. (We sincerely hope Team UAA makes it into the top 20!)

Need a senior project or some independent study credits? Talk to your professors about designing your coursework around the Solar Decathlon; you can be part of an amazing team, do great things for the world and earn your degree all at the same time! The two-year run time means students will be phasing in and out of the project; any student can join at any time which gives lots of flexibility for planning purposes!

Students can participate in different stages of the process, i.e., the design phase (Design Team), building phase (Build Team), and marketing phase (Marketing Team). Participation in the project for one or more semesters is possible. And, here's the best part: whether you are a freshman, sophomore, junior, or senior, you can contribute to the project! All students from different colleges are welcome; no matter what your major, or no major at all, we have a job for you! Students participating in the competition not only benefit from the technical knowledge inherent in the design and build aspects but also gain highly valuable soft skills involving teamwork and project management, of the sort that can only come from involvement in a project of this scope. Contact Dr. Hailu at ghailu@alaska.edu to reserve your place on the Solar Decathlon Team UAA!

Kitaria Fables- An UwU hack and slasher

By Arin Tampke

Following in the footsteps of games like Rune Factory and Harvest Moon, Kitaria Fables is an action, adventure, farming hybrid RPG designed by Indonesian developer Twin Hearts and published by PQube.

As the player, you take on the role of Nyanza von Whiskers, or Nyan for short. Nyan is a feline soldier who's been dispatched by the Empire to the far-flung Paw Village along with his trusted companion-in-arms Macaron, a hat-wearing pink blob. I'm honestly not sure what Macaron is. Is he based on the sweet meringue confection by the same name?

Anyway, moving on, you can customize the look of Nyan and change it into a different colored kitty. Once you have progressed in the game you can also buy clothes and change Nyan's look even more.

Our furry hero Nyan has been charged by the Empire with protecting Paw Village as there have been reports of nearby wildlife becoming aggressive of late. In years gone by, creatures in this world were corrupted by an influence known as The Calamity, until it was driven away by a legendary hero. Since then, peace has reigned, and wildlife has returned to normal. Until now, that is. The creatures of the world are stirring and there are whispers of the Calamity returning once more.

Nyan's role of hero becomes even more significant when a strange book leads to the discovery of magic. It's here that Nyan learns of four ruins that must be found throughout the lands of Kitaria, and so Nyan's adventure begins.

The central conflict in Kitaria Fables is standard RPG fare: monsters becoming more aggressive, 'we need a hero', 'oh look, here's a hero right here', 'it's dangerous to go alone', etc. There's an undercurrent of an ominous nature, too, as magic has been banned for secret reasons.

You'll quickly be introduced to the "classless" combat system, in which you'll be able to use a sword, a bow, and the four elemental magics to craft your own loadout of spells and melee. Weapons and armor can be upgraded with monster materials and a big chunk of change, making your attacks hit harder and your health last longer.

So, yes, Kitaria Fables certainly isn't trying to break the mold, but that linearity isn't necessarily a bad thing. Playing Kitaria Fables feels like treading the boards of a café that you go to every day: it's comforting, warm, and reassuring. If you like games that engage your brain with mindless-yet-enjoyable grinding interspersed with some extremely light farming and the occasional quest or new area to explore, then Kitaria Fables is perfect.

The part of it that's most Fantasy Life, though, is the combat. Much like Fantasy Life would let you switch between classes to take on monsters as a Paladin, Mercenary, Hunter, or Magician, Kitaria Fables lets you choose how you want to beat up slimes ("Gooeys") and golems. If you prefer the visceral, hard-hitting sword (and don't mind the risk-reward factor), then you can dump all your materials into upgrading it. If you prefer the slow-burn range of magics and archery, then there's plenty for you, too. And, of course, you can mix-and-match on the fly, depending on the enemy or the terrain.

Again, like Fantasy Life, there are several distinct, themed areas — a desert, a frozen mountain, several cave dungeons, and a forest — and each one has different free-roaming things to kill that match the climate. There are bosses, too, which range from tricky-for-beginners to this-guy-can-kill-you-with-a-glance, and it's only by leveling up your equipment that you'll be within a chance of slaying them. They respawn every new day, too, so you'll be able to get plenty of practice in, but since increased damage and HP are tied to your ability to collect materials and cash,

See **KITARIA** page 11

New Beginnings

By Rachel Goodall

New and returning students, welcome to school year 2021-2022! New beginnings are filled with new Ideas, new starts and an expectancy to learn something new.

Here are a few tips to help you stay fresh and on track:

1. Avoid procrastination
2. Don't cram
3. Review what you have to do and make a daily list of work due
4. Work some every day, so at the end of the week you have met your study goals

Our brain has nerve cells and small gaps, called synapses. An electrical impulse travels across these gaps, like a car going over a bridge. Repeating and practicing what you want to learn builds stronger bridges. This allows the electrical impulse to travel easier. This is called spaced repetition, the most effective way to build the synapses. Over time you will learn faster. Knowing how our brain works will help you use what you have and be successful.

Be sure you take time to rest, have quality time with your family, exercise, and eat a healthy diet. All these put together will cause you to accomplish your new beginnings with great success.

Reference:
https://www.inc.com/wanda-thibodeaux/want-to-be-a-master-of-learning-use-these-7-tips-t.html

COVID FALL continued from page 1

my blood oxygen levels were low and my motor functions were visibly impaired.

I was brought back into the ER, and the nurses, doctors and technicians worked like a Nascar pit crew with how efficient they got tests issued, blood drawn, and imaging done, as well as rapidly testing me for Covid. About 30 minutes later I found out that I was in fact covid -positive. At this point I figured, "well, that sucks, I guess I'll have to isolate myself for a couple weeks and ride it out." I was surprised to hear that they wanted to keep me for observation. I'm not elderly, I don't have major underlying health problems, and I am a moderately healthy person. I am not perfect, and who can't do better, but this was still a shock for me.

A second shock came immediately after. I learned I was going to have an MRI done because some of my symptoms could be signs of a blood clot that could become a stroke. Hearing an ER doctor tell you that you are at risk is not something people want to hear. It was doubly worse because it was only Monday.

I was transferred up to the second floor to an isolated wing, with specially fitted HVAC filters in the rooms. The rooms are cozy as can be while being isolated and quarantined, and definitely a step up from some places I have stayed before. After settling in I was taken, for an MRI. That out of the way, I felt pretty confident that things were not as bad as they seemed. This sense of comfort really came from the positivity and professionalism of the staff at Matsu Regional.

I was greeted the next morning to a friendly face, even if it was covered with a clear plastic face shield, and surgical mask. She asked me if I was ready to go home, which I was. She said that they just needed a little more blood to run a couple more tests. Cool, no problem, I would be home by lunch and could enjoy chicken soup and Playstation for a bit.

Again I was wrong. My blood tests had revealed that I was experiencing metabolic acidosis. I was going to spend another day. For those that don't know (I had to look it up), metabolic acidosis is build up of acid in the body, from diminished kidney functions. This can be a sign of dehydration, malnutrition and in extreme cases renal failure. The nurses helped me understand all this while making me hydrated and comfortable. I really can't say enough about how well these people are doing their jobs.

I was woken the next day to a similar situation, ready to get out. Blood tests. Hold tight. My test showed me that my kidney functions were back to normal and I was going home. This after three days. No more surprises? Me being chronically wrong, I was in for one more. Because I was still Covid positive I had to be escorted out the back to maintain my isolation from non-Covid patients. During this trip the Nurse told me that everyone was excited to see me go, because I was one of the very few to walk out by myself without help. She must be joking, I thought, but when I emerged into a hallway I hadn't been in a couple days I could see that it was true. I got a couple of thumbs up, even a double fist in the air. It gave me a feeling of doing something that many others did not get to do.

While my experience may not be typical, I think it goes to show that this virus does not pay attention to conventions. I was not in the at-risk group yet I was still hospitalized. I was safe and vaxxed and still got it. I never had to stay in the hospital overnight, but now I had to spend three days due to symptoms from Covid. It had never crossed my mind my organs might fail, but that became a threat in under 48 hours.

I think that if I have any point to share, it's that this was scary, most likely going to be costly, and that it could have been avoided perhaps. I know Covid sucks, we are all sick of it, but now more than ever we have to stay vigilant in trying to stop the spread of this. I'm not gonna tell anyone how to do that, it's a personal choice, but I'm just asking you to think about the others around you and realize that we are all still very much at risk.

Get involved with YOUR paper!

The Mat-Su Monitor is open to students of all experience levels. A paper like ours always needs writers, artists, graphic designers, advertisement coordinators, photographers, and more (maybe you can contribute something we haven't even thought of!

Meetings: Mondays at 11 AM in FSM 107 and Zoom. See https://matsu.alaska.edu/monitor

Ask Sophia

Welcome to Ask Sophia, the Mat-Su Monitor's regular advice column. If you have a question you'd like to see answered, submit it anonymous at https://matsu.alaska.edu/monitor or in the Ask Sophia box in the FSM front lobby.

Q. Dear Sophia: I accidentally shaved off my whole entire mustache and now my kids are scared of me #totallybald #likemr.clean #aaag helpmeplease.

A.Dear Ma'am or Sir: Firstly, I am not sure how that accidently happens. Were you awake!?! Secondly, we do try to promote body positive images these days. Perhaps you could start by wearing a mask or talking to them from behind where they can't see you. Then they can recognize your voice before they see your face. Maybe you could all play dress-up with fake mustaches, wigs, glasses, beards and hats, so they can understand that how you look on the outside is not who you are. Last resort - use a sharpie.

Q. Dear Sophia: How do you I know if I am emotionally mature enough to start dating? I compare myself to my friends a lot. Now I've been trying to work on myself instead and I've come across the personal question of 'how do I know when I'm ready?' But I just don't know...cuz I'm young and dumb. How old are you, Sophia?

A. Dear Friend:
You may be ready to date when...
...you are in a relationship because you want to be, not because you need to not be single.
... you don't have a problem being single and you are not deeply affected by others opinions.
... you can listen to your inner voice.
... you can throw out that "perfect match" check list and NOT look for someone you can "fix".
... you understand the importance of communication.
... you feel comfortable with yourself and know your worth - don't look for someone to complete you.
... you no longer ask this question.
Lastly, if you are asking my age for dating purposes...I'm spoken for.

Q. Dear Sophia:
How many professors who teach at the Mat-Su campus are part-time vs full-time?

A. Dear Friend:
This semester there are 16 full-time faculty and 52 adjunct or part-time instructors here at Mat-Su. That's 31% full time, or a ratio of 4:13 or 4/13th. Just sayin'.

REBUS PUZZLES

REBUS PUZZLES are little pictures often with letters and words, which cryptically represent a word, phrase, or saying.

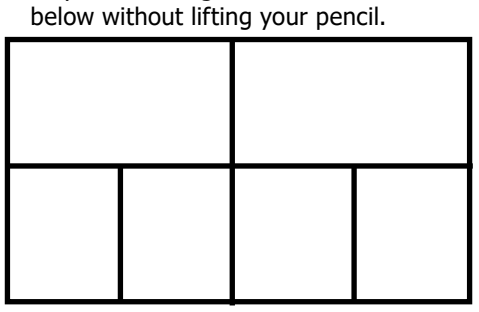
1. YATS
2. H DINNER
   S DINNER
   A DINNER
   W DINNER
3. MAN / BOARD
4. JUST
5. THINK
6. L A Y I N G JOB

SUDOKU

Fill the grid with numbers so that each row, column and 3 x 3 section contains all of the digits 1 through 9.

				4	6			2
4		7	2		1			
	6					5		
6		5		3		2		
			1					4
	4	4				3		7
5	7	8		9	4		2	3
			7				9	5
	2	4	5	1	3		6	8

Draw a continuous path that passes only once through each line of the box below without lifting your pencil.



BRAINTEASER

This is an unusual paragraph. How quickly can you find out what is so unusual about it? It looks so plain, you would think nothing was odd about it. In fact, nothing is wrong with it! It is highly unusual though. Study it, and think about it, but you still may not find anything odd. But if you work at it a bit, you might find out.

NO MORE PUNNY BUSINESS

A grenade thrown into a kitchen in France would result in Linoleum Blownapart.

A large line was forming outside a local department store. A person approaches and asks, "What's going on ?" the last one in line tells them, "We're all waiting to get the new Barbie doll". So they quickly join the crowd, unable to resist a Barbie queue.

My dad used to try to annoy me with bird puns, until I realized that toucan play that game!

CALLING ALL ROBLOXIANS...ROBLOXERS...

(YOU KNOW WHO YOU ARE)

S	S	A	P	R	E	T	L	I	F	V	O	I	D	C
G	G	Y	S	A	E	Y	S	M	E	E	P	R	A	O
Y	P	W	D	L	Y	G	T	Y	O	N	O	O	B	L
T	U	F	H	B	E	T	D	R	O	C	P	I	R	D
N	C	O	B	L	C	N	I	E	F	B	D	I	A	M
U	I	O	T	O	S	A	D	M	Y	M	T	M	X	O
H	M	A	M	X	O	M	X	E	M	Z	L	O	U	L
V	F	P	W	X	A	S	R	U	R	O	Z	O	O	D
E	E	N	A	E	L	T	T	A	B	K	C	I	R	B
D	B	D	V	D	U	S	N	E	E	O	I	O	D	C
B	E	A	N	E	D	G	O	R	D	C	R	R	G	D
S	A	L	A	D	H	A	I	R	W	A	I	E	G	E
F	M	C	R	E	K	T	N	A	A	W	P	E	E	N
D	E	B	O	O	N	T	E	G	R	A	C	E	E	W
D	D	E	N	N	A	B	E	E	S	I	G	G	Y	P

Circle the words from the list below. Place the leftover letters in the spaces for a special message!

_ _ _!_ _!! _ _ _.

AOS
BACON
BANNED
BEAMED
BEANED
BED WARS
BLOXXED
BOOSTED APE
BOOT BOY
BRICK BATTLE
CAR
COLD MOLD
COMPED
CORD
DEC
DEV HUNT
DIZZY
DRIP CORD
EASY GG
EGG
FAAVE
FAT LEGS
FILTER PASS
GET NOOBED
GO COMMIT
ICE ARMS
LMAD
MEEP
MIC-UP
MWA
NOOB
OBBY
OOF
PWD
PWNED
RAGE
REEE
REKT
ROBUX
ROUX
SALAD HAIR
SIGGY
SLENDER
TAGS
VOID

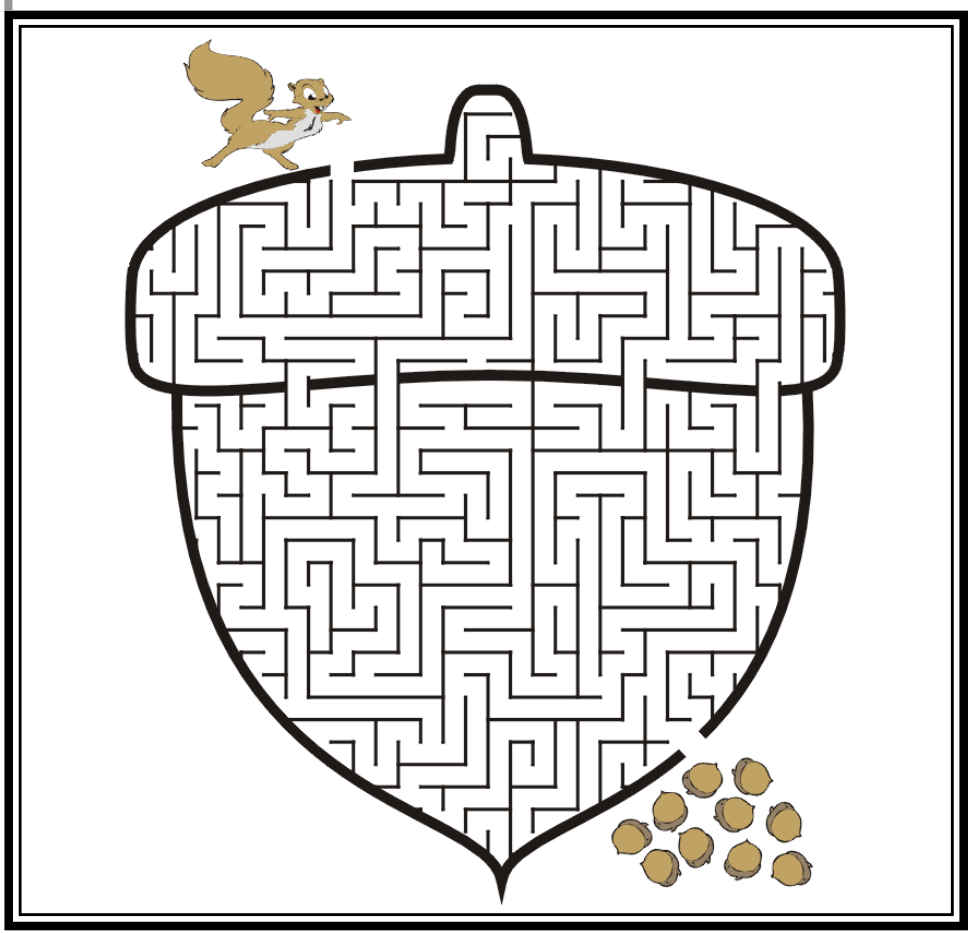
CRYPT-O-GRAM

Here's how it works: A R C T I C D R A G O N
is B S D U J D E S B H P O

One letter stands for another. In this example the letter B stands for the letter A so all the Bs stand for AS, Ds stand for C, etc. Single letters, apostrophes, and word length are all clues. The code letters are different for every puzzle.

M L R Z J Q W P J T R Z O J O M L R W Y D C Z J Q

G W Q M L X Q R Z M L J Y N – R T J M L G L Z Q M W Y HINT J=I



Salve continued from page 1

Cut them leaving 3 or 4 inches, so it will regrow again. Cut the top leaf off, place them in your bucket. I cut 4 or 5 stems. I then use my knife to remove the thin peanut skin off the stem. What will be left is the green bark. That is the medicine. Peel it off all of the stems. I cut the green parts with scissors into medium size squares.

Place your cut bark into quart jars with lids, fill with olive oil, place them in a slow cooker, and fill the slow cooker with with water. Setting the slow cooker on low and leave overnight. The seal on the jar is tight by morning; this is a way to preserve your hard work.

To make the salve, strain the oil into a double boiler, place a large teaspoon of beeswax, melt together, and pour into your container. After it cools you will know if next time you want to add more beeswax. Enjoy your salve. It really works well for pain.

DoorDash continued from page 11

is great for people who may not have a car, that are quarantining due to illness, that can't leave work, are injured, too intoxicated to leave home, and so on.

At first, I was interested because it seemed like so many businesses have opted into these services, so I figured there must be something good about them, or they really need the business, and they are willing to try anything to stay open. My gut feeling told me not to do it right now because, as of right now, my crew is too small and we only have one oven, so we can only make so many pizzas in a day. We are very fortunate to be as busy as we are. Any more orders added on to our regular business would overwork us all, but as mentioned, I figured I'd look into it to see what the hype is all about.

First, I started with a search in a popular Facebook group called, *Mat-Su Who NOT to Use*. There are many posts from people claiming their orders took hours to show up, didn't show up at all, that the food bags were tampered with, that the food was cold, that orders were wrong, that delivery drivers were rude, that food bags smelled like cigarette smoke, etc. So that threw up the first few red flags.

The fact that so many people had so much bad stuff to say about their experiences, told me that it probably wasn't totally the businesses' fault as to why people were so unhappy with their food, but possibly rather some technical problems which prevent human-to-human interaction to ensure that the order is exactly what people wanted.

Also, the hours that people are claiming it's taking for them to receive their orders is most likely due to the fact that the business already has their normal business activities, plus the added work of third-party delivery app orders. It is probably too much of a workload for the employees to keep up with. I know at my shop when people call in an order, I can tell them in real time about how long it's going to be for it to be delivered or when they can come pick it up.

When you order on an app, you could be ordering at the same time as other people. That may put you fifth in line or so, which means your order isn't going to done be for a while. Pair that scenario with the restaurant's regular clients – the people who don't use the app – whose orders might get bumped to the front of the line. This means that your order is most likely going to take a minute before it is taken care of.

As for the complaints of rude drivers and food bags being tampered with, well, that's just gross. Personally, I like having my own employees that I know. I highly doubt that there is a strict hiring process for delivery drivers, other than a driving record check, but don't quote me on that. I just find it hard to believe that a company in California can keep a tight rein on all the goings-on in Alaska to ensure quality customer service. Not to mention, the drivers are just picking up the food and delivering it. They aren't helping the businesses with all the prep work and closing duties.

After the Facebook search, I did a Google search asking if DoorDash and like services would help my small business. I found that all those delivery services charge a fee ranging anywhere from 25-30% of every order. Businesses have the option to pay that fee themselves or mark up their items an additional 30% to compensate for that. I didn't feel like it would be a good idea for me, especially since we are a new business that began its operations in February of 2020.

I'm not saying that third party delivery services are bad. I'm just saying that it is not right for my small business right now. However, when I take into consideration all the people who want to get food from a restaurant that normally doesn't offer a delivery option, an app for them makes sense. For businesses that only do pickup and delivery, such as mine... not so much.

I want to make it clear that I don't think bad things about the drivers of these companies because I have met a couple good ones and they love their job. The hours are flexible and if you know your way around the valley, the money can be good. The only issue, is that their pay mainly depends on tips, so it can get a little sketchy sometimes because the delivery fee is $2.00 and it can be anywhere in the valley, so the drive times can be crazy long.

A while ago, I read a neat article about this lady who had to use Uber Eats because she was quarantining with COVID and she saved all the names of her favorite restaurants so that when she was no longer sick, she would remember which restaurants she liked and go to them directly. That felt good to read because I knew that she was saving that business money by cutting out the middleman and go right to the source.

The restaurant business is always changing so I can't say I will never use these services. I just know that as of right now, it doesn't seem appealing at all. I don't know what the future holds but I truly hope that all the businesses can make it through these hard times, and we can all make it through – stronger – to the other side of this chaotic time with COVID.

Kitaria continued from page 9

and not your XP, it'll require a lot of grinding.

In between story missions and the light farming, it's the grinding that makes up most of the game: gathering materials that sell for a lot of money, investing that money into weapons, using upgraded weapons to slay monsters for more materials, rinse and repeat. That grind isn't for everyone and although there were times when the game dragged (specifically when one quest required a bunch of vegetables that took multiple days to grow), it picked up again once I'd done the necessary work.

A few minor issues mar the experience, like the odd audio bug that seems to make the water wave sound effect play on top of itself a hundred or so times, which means that walking past a serene river sounds like standing at the foot of Niagara Falls. This is easily fixed by closing and re-opening the game, but it's pretty jarring in a game that's got an otherwise lovely soundscape.

A more serious bug is the tendency for enemies in certain areas to fall off the map, which is only really a problem in certain circumstances where the way is blocked until you can defeat all the monsters, resulting in you being trapped in a cave and forced to reset to the last save (which is usually once per in game day).

The slightly wonky pacing and lack of knowledge of where to acquire certain materials makes it hard to progress in the first few hours, but I can't say I really minded, since it was during those first few hours that I fell in love with the game, after all. I do wish that there were more fast-travel points — some of them are spaced weirdly far apart, and a couple of the towns only have one-way portals — although it's hard to say if this is a bug or an oversight.

One thing I really can't let Kitaria Fables get away with is the minuscule text. There are three UI sizes, and I had it set to "Large" the whole time, but both handheld and on the TV, it was like reading a book from across the room. It's surprising, because other accessibility considerations, like fully remappable buttons, are there from the start, but the itty-bitty text is hopefully something that will be tweaked in future, because right now you'll give yourself a headache from all the squinting you'll have to do.

Even with these bugs and issues, though, Kitaria Fables has been an absolute delight. I've played for 30 hours in total, and although the ending is a little abrupt, almost all those 30 hours have been filled with hopeful joy that Fantasy Life lives on in the DNA of indies like this.

Conclusion

A fantastic tribute to Fantasy Life that nails the kind of grindy combat that many people love, Kitaria Fables is genuinely sweet and impressively well-made for a three-person team in under three years. If Fantasy Life is a Wagyu beef steak, Kitaria Fables is an exceptional burger. If you're jonesing for a tasty action-farming-adventure, Kitaria Fables has you covered.

PUZZLE PAGE ANSWERS:
REBUS
1. Stay back
2. Wash up before dinner
3. Man overboard
4. Just right
5. Think outside the box
6. Laying down on the job
BRAINTEASER
There is no letter "e" in the entire paragraph

Time to Fill Out Your FAFSA!

Get access to federal and state funding by filling out your Free Application for Federal Student Aid at https://fafsa.ed.gov/.

The school code for UAA and Mat-Su College is 011462.

Sign up for Financial Aid Workshops and Advising Today!

Mat-Su College
University of Alaska Anchorage

uaa_mscinfo@alaska.edu
matsu.alaska.edu
(907) 745-9774

UA IS AN AA/EO EMPLOYER AND EDUCATIONAL INSTITUTION AND PROHIBITS ILLEGAL DISCRIMINATION AGAINST ANY INDIVIDUAL